

*The glucose tolerance test is used to diagnose diabetes. It is necessary for you to drink a sweet liquid, have your blood drawn several times and collect several urine specimens. The test may take up to 5 1/2 hours. It is probably best to schedule your appointment for the morning since you must be fasting. You may want to bring a book or project with you to the laboratory.*

### **Patient Preparation**

1. You may not have anything to eat or drink (except water) for 12 hours. Even black coffee is not allowed!
2. Smoking is not allowed once the test starts because it will interfere with the test results. Glucose is stimulated by nicotine.

### **The Test Procedure**

1. A blood sample is drawn. The results of this test must be obtained before the test continues. There will be a waiting period of about 30 minutes. If the test results are suitable, the test will continue.
2. You will be given a glucose drink. You will have 5 minutes to drink it.
3. You cannot eat or drink anything (except water) during the test.
4. One hour after the glucose drink is finished, another blood sample will be drawn.
5. Each hour another blood sample will be drawn until the test is finished.

### **After Your Blood Collection**

1. The person drawing blood from your vein will place gauze where your blood was drawn. She/he will ask you to raise your arm and hold the gauze firmly until the bleeding has stopped.
2. A bandage will be placed over the gauze on the spot where your blood was drawn.
3. Do not remove the bandage for at least 15 minutes.
4. Avoid bending your arm or carrying heavy objects for about 1 hour.
5. After taking off the bandage, you may see a small red or blue mark. Slight bruising or soreness may happen with some patients.

